

LIT Connections

September 28, 2021

11:00-12:00



I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.

~ Brene Brown

Present: Cheryle Wilcox, Krista Barbagallo, Beth Goss, Suzanne Legare Belcher, Sara Miller, Laurel Omland, Vicki Whitehill, Amy Lincoln Moore, Belinda Bessette, Vicki Crocker, Alice Maynard, Barb Joyal, Alicia Hanrahan

Topics Discussed

1. Increase in the number of adolescents struggling with eating disorders.
 2. Children who were adopted who are struggling and come back to the attention of the system of care
 3. System of Care report? Is it helpful? What would you like to see?
 4. Additional Topics of Concern
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1. **Increase in the number of adolescents struggling with eating disorders.**
 - NEK is seeing an increase in adolescents with eating disorders in recent months and have limited resources available to support students and families
 - DMH/DVHA recently had an internal meeting to discuss this issue as providers and parents have reached out to DMH to talk about the increased need for services. The increase is most likely due to the depression, anxiety and isolation of students. VT does not have a robust treatment system in place. A lot of the supports are currently in Chittenden County. There is no partial hospitalization programs for adolescents in VT.
 - Danielle Bragg from DVHA has been calling programs throughout the US to find programs willing to enroll in VT Medicaid
 - VDH has been contacted to see if they have any data to support the increase in adolescents with eating disorders...waiting to hear back
 - Internal meeting at AHS needs to continue to meet to discuss next steps.
 - Currently there are online support groups available, but there may be capacity issues with the groups
 - Need to increase options and learn how to better treat these issues

- Need to improve our message to youth and work with VDH/school nurses to support students and families
- There will most likely be issues with services with students who have private insurance who may be able to access a private placement

2. Children who were adopted who are struggling and come back to the attention of the system of care

- NEK has also been seeing a pattern since July 2021...7-10 CSP meetings related to students who have been adopted or under the guardianship...families are asking for the students to be removed from their homes and placed in residential facilities.
 - Expect that the increase in cases due primarily to the pandemic. Students who have Reactive Attachment Disorders, being at home and isolated with adoptive/guardianship families are needing the most intervention to keep their child within the homes.
 - There continues to be a lack of staffing/resources that are available. NEK has a large waiting list
 - Lots of staff from DCF-Family Services/DAs may not be as adoption competent as would like
 - Caregivers are in need of self care including respite
 - VT Adoption Consortium can provide some basic outreach to schools to provide guidance on how to work with students who have been adopted or have guardians. Schools must invite them to meet/work with staff. Alicia may be able to help get the word/resources out to schools. Unfortunately, attendance from school staff is generally low...they need a way to improve their PR
 - Barb Joyal offered to connect LITs with the Consortium and can get us signed up for their monthly newsletter
 - Some post permanency/adoption staff are going to some LITs...some more consistently than others...sometimes only for specific cases. Catherine Harris from DCF/Central Office was also used as a consultant prior to her retirement
 - DMH/CRC data for FY21 indicates that 59 OOS placements (41%) are of kids who are adopted, and 7% have guardians

3. System of Care report? Is it helpful? What would you like to see?

- Can the report be more comprehensive and in a way that is more useful to the field...see if we can integrate it more than having separate sections (VDH, AOE, DCF, DMH etc...)
 - Those present use it for data verification
 - LITs admit to needing to look more closely at the quarterly DA/Community reports; Sped Admins get a copy as well
 - Cheryle would welcome any feedback the LITs can provide
 - Alice and the 264 Board will be sending out the annual survey to collect information to make their pitch to SIT for upcoming priorities soon

4. Additional Topics of Concern

- Increase in students who are:
 - self-injurious
 - experiencing sexualized behaviors
 - anxious
 - not engaging in school/truant

- Schools wanting to add CSPs to their truancy policies/procedures...Alicia offered to be the AOE contact if schools want to reach out for add'l guidance, or be cc'd on emails
- Students still spending too much time waiting for beds/services in EDs; 2/3 of the hospital diversion programs are only working during the weekdays as they don't have staff for weekends. Schools have been sending students to EDs thinking that they would get services/support faster

Next LIT Connections Meeting: October 29, 2021